



# Digital portfolio

BALAKUMARAN

32124U18008

B. SC., COMPUTER SCIENCE

TIRUVALLUVAR UNIVERSITY



# MENTAL HEALTH AWARENESS

# AGENDA

- ▶ 1.Portfolio design and Layout
- ▶ 2.Tools and Technologies
- ▶ 3.Problem Statement
- ▶ 4.Features and Functionality
- ▶ 5.Project Overview
- ▶ 6.Results and Screenshots
- ▶ 7.Conclusion
- ▶ 8.GithubLink

# PROBLEM STATEMENT

- ▶ The lack of accessible and engaging platforms for mental health awareness causes many students and professionals to miss important information, support, and tips related to mental well-being. Traditional resumes and profiles do not effectively highlight mental health knowledge or advocacy work. This digital portfolio aims to provide an interactive and user-friendly online space to educate visitors about mental health, share practical self-care tips, and encourage open conversations. By doing so, it helps reduce stigma, promotes healthy habits, and creates an accessible resource for mental health awareness.

# PROJECT OVERVIEW

- ▶ The Mental Health Awareness Digital Portfolio project is designed to create an interactive, accessible, and visually engaging online platform that educates users about mental health, raises awareness, and promotes emotional well-being. The portfolio showcases essential information about mental health, provides practical self-care tips, and offers a contact form for outreach and support. The project aims to reduce stigma surrounding mental health by sharing evidence-based knowledge and encouraging open conversations. Through a combination of HTML, CSS, and JavaScript, the portfolio offers a user-friendly experience with interactive elements that help communicate important messages effectively. This project serves as both an advocacy tool and a demonstration of web development skills relevant to mental health education.

# TOOLS AND TECHNIQUES

- ▶ HTML, CSS, JavaScript → for creating the portfolio website
- ▶ Code pen for coding
- ▶ GitHub for hosting & sharing the projects

# WHO ARE THE END USERS

- ▶ Students and young adults who seek accessible information, education, and practical tips on maintaining mental well-being.
- ▶ Professionals and working individuals needing awareness and resources on managing stress, work-life balance, and mental health.
- ▶ General public interested in mental health awareness who benefit from educational content and stigma reduction.

# FEATURE AND FUNCTIONALITY

- ▶ Informative Content Sections: Clear, concise explanations about mental health awareness to educate users. Interactive Mental Health Tips: Clickable or keyboard-accessible tips that reveal detailed information to engage users actively. Contact Form: A form allowing users to send messages or seek support, encouraging communication and outreach. Accessible Design: A layout and elements optimized for accessibility, including keyboard navigation and screen reader support.



# RESULTS AND SCREENSHOTS

## Mental Health Awareness Digital Portfolio

### About Mental Health Awareness

Mental health is essential to overall well-being, involving emotional, psychological, and social aspects. Raising awareness can help reduce stigma, encourage support, and promote healthy habits.

### Mental Health Tips

Stay Socially Connected

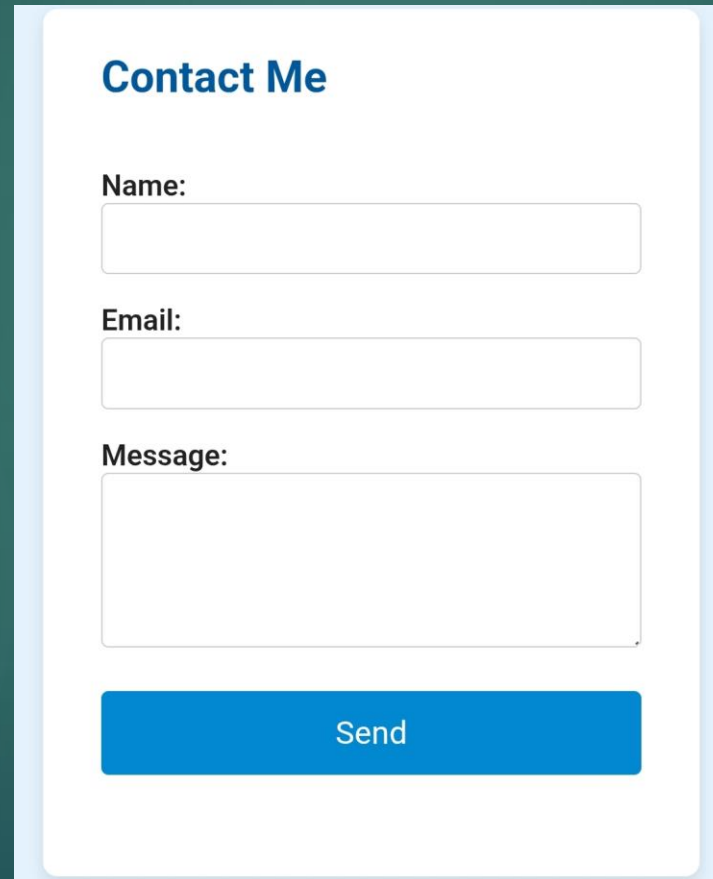
Exercise Regularly

Get Quality Sleep

Practice Mindfulness

Seek Professional Help

# RESULTS AND SCREENSHOTS



**Contact Me**

Name:

Email:

Message:

# Conclusion

This digital portfolio serves as a practical, interactive platform that effectively raises awareness about mental health and promotes emotional well-being. By combining educational content with user-friendly features like interactive tips and a contact form, it encourages engagement, reduces stigma, and supports users in their mental health journeys. The project demonstrates how web technologies can be leveraged to create accessible mental health resources that are adaptable across different devices and user needs. Overall, it highlights the potential of digital tools to improve mental health education and advocacy, empowering individuals to seek support and adopt healthier habits in an inclusive, supportive online environment.